

# LOW GLYCEMIC INDEX VEGETABLES

Glycemic Index (GI) Value: 0 - 55

<b>Vegetable</b>	<b>Category</b>	<b>Approx. GI</b>
Spinach	Leafy Green	
Broccoli	Cruciferous	
Cauliflower	Cruciferous	
Zucchini	Squash	
Cucumbers	Cucurbit	
Asparagus	Shoot	
Bell Peppers	Nightshade	
Cabbage	Cruciferous	
Celery	Stalk	
Green Beans	Legume	
Tomatoes	Nightshade	

<b>Vegetable</b>	<b>Category</b>	<b>Approx. GI</b>
Mushrooms	Fungi	
Eggplant	Nightshade	
Onions	Allium	
Carrots (Raw)	Root	

Note: Values may vary based on preparation method and ripeness.